Healthy Mind Healthy Body®

About Healthy Mind Healthy Body

Our mission

Healthy Mind Healthy Body is dedicated to helping people make more informed health decisions with confidence. We do so by delivering reliable information and tips that can help readers take meaningful steps toward improving their lives.

About this newsletter and your privacy

Members and non-members can subscribe to Healthy Mind Healthy Body enewsletter at no cost. Anyone can sign up by visiting our Preference Center: www.uhc.com/myhealthnews.

Healthy Mind Healthy Body sends articles based on topics of general interest to our readers. They are not targeted to individual members, nor are they individually customized. We do not have access to members’ personal health information. Therefore, we cannot send articles to members based on that information.

Members may receive a version of the enewsletter that includes information relevant to their health plan benefits.

About Healthy Mind Healthy Body’s content

Healthy Mind Healthy Body is an award-winning publication. All content is original and specially written for Healthy Mind Healthy Body. It is based on the highest standards of clinical and editorial excellence. We ensure that each article is:

- Based on sources that are well-recognized by the medical community as clinically sound and up to date.
- Researched using multiple sources, and fact-checked for accuracy.
- Easy to read and understand.

The best interests of our subscribers always come first. You can count on Healthy Mind Healthy Body to deliver objective, unbiased content. That’s why we have a no-advertisements policy.
About article topics

Each issue of Healthy Mind Healthy Body offers a lively mix of health topics. We select these topics based on:

• Common health and lifestyle issues important to our subscribers and their families.
• Seasonal health concerns and national health observances.
• Reader feedback on Healthy Mind Healthy Body.

About sharing articles and our reprint policy

We encourage you to share single articles in their entirety with friends, family and co-workers. The “Share this article” link allows you to do so easily, with your personal message.

The newsletter articles or newsletter cannot be reprinted in its entirety without the permission of UnitedHealthcare.

About Healthy Mind Healthy Body awards

Healthy Mind Healthy Body is an award-winning publication, with a long history of garnering recognition from these prestigious industry associations:

• Apex Awards
• Aster Awards
• Communicator Awards
• Hermes Awards
• Healthcare Advertising Awards
• MarCom Awards
• National Health Information Awards
• Web Health Awards

About our No-Submissions Policy

We are unable to accept article or story submissions from our readers. Healthy Mind Healthy Body’s original content is developed following very specific, proprietary clinical guidelines. This no-submissions policy helps us ensure that Healthy Mind Healthy Body delivers objective health information to our readers.

About our No-Advertisements Policy

We are committed to giving our readers the most objective health information. That’s why Healthy Mind Healthy Body never accepts any advertisements. Ads are common in many health enewsletters today. But, we feel that a no-advertisement policy helps keep our newsletter unbiased. You have our pledge to keep the spotlight focused on the health needs of you and your family.

Disclaimers

Healthy Mind Healthy Body enewsletters contain general health information only and are not intended to provide medical advice. Consult an appropriate health care professional for your specific needs. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage. If you have questions about your account, claims or benefits or would like additional information, please visit your member website or call the toll-free number on your health plan ID card.